### December 2020

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<th>Monday</th>
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<td></td>
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<td>9:30AM BS&amp;SEC (online)</td>
<td>5PM Hula for Health (online)</td>
<td>5PM Lomilomi (online)</td>
<td>9AM Lomilomi (online)</td>
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<td>5PM Basic Therapeutic Yoga (online)</td>
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<td>BS&amp;SEC Basic Stretch &amp; Strengthening Exercise Class</td>
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<td>SIGN-UP TODAY!</td>
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<td>To sign-up for our classes, visit hmono.org/services</td>
<td>5PM Lomilomi (online)</td>
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<td>SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES: <a href="mailto:contact@hmono.org">contact@hmono.org</a> or hmono.org/olakino</td>
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<td>Live Longer &amp; Feel Better, Together!</td>
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<td></td>
<td>(808) 969-9220</td>
<td>HMONO.org</td>
<td>hui_malama_</td>
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This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $3,384,836.00 with 20% financed with non-governmental sources. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement by, HRSA, HHS or the U.S. Government.
ABOUT US

Olakino

Olakino is a newsletter written, designed, and edited in-house by Hui Mālama Ola Nā ʻŌiwi staff members. Printing of Olakino is provided by Kamehameha Schools East Hawaiʻi Region.

WHO WE ARE

Hui Mālama Ola Nā ʻŌiwi is a 501(c)(3) nonprofit organization. Incorporated in 1991, Hui Mālama Ola Nā ʻŌiwi serves as the Native Hawaiian Health Care System for Hawai‘i Island, providing traditional Hawaiian healing, medical, behavioral health, and community education services with the sole objective of improving access to quality healthcare, education, and services for the people of Hawai‘i.

BOARD OF DIRECTORS

C. Noelani Hoʻopai, Chair
Leilani Kerr, APRN, Vice Chair
Robert Yamada II, Treasurer & Secretary
Michael Sonoda Dias, Director
Dr. Malia Tallett, PT, DPT, Director
Kale Gumpac, Director

CONTACT US

(808) 969-9220
contact@hmono.org

/F/HMONO.org

=hui_malama_

FAMILY MEDICINE CLINIC

82 Puʻuhoʻou Place, Suite 209
Hilo, Hawai‘i 96720
Phone: (808) 796-3125
Fax: 1-866-372-2766
Hours, Mon - Fri: 8:00am - 5:00pm
*Closed from 12:00pm - 1:00pm*
Please call before visiting.

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In December, we celebrate keeping our kūpuna healthy. Can you unscramble the words about kūpuna health and the holidays? Don't forget to color the pictures!

anoah  lehtahy
mifyal  idsyahol
Ūpakn  tigf
yjo

Answers
’ohana  healthy
family  holidays
kūpuna  gift
joy

Hui Mālama
Ola Nā ʻŌiwi
CDC RECOMMENDED VACCINATIONS:

- DTP/Dtap 1
- DTP/Dtap 2
- DTP/Dtap 3
- DTP/Dtap 4
- IPV 1
- IPV 2
- IPV 3
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4
- VZV

- Hib 1
- Hib 2
- Hib 3
- HepB 1
- HepB 2
- HepB 3
- HepA
- MMR
- Influenza 1
- Influenza 2
- Rotavirus 1
- Rotavirus 2

For more information about COVID-19 and older adults, visit cdc.gov.
Aloha mai kākou,

I am Aunty Edna and this month we are in the midst of celebrating the holidays from Thanksgiving to Christmas and New Years, which means, while it is fun times, it can also be stressful times... getting ready for everything, having enough money, and trying to balance our indulgences.

Remember, stress affects our blood pressure, blood sugar, emotions, and how we deal with everything in life. So how do we manage stress?

• Mālama pono.
• Start by being positive.
• Exercise regularly.
• Eat healthy, well-balanced meals.
• Manage your time and set boundaries.
• Make time for hobbies and relaxation.
• Go easy on the alcohol intake and stay away from the drugs.
• Get enough rest and sleep.
• Surround yourself with support - talk story with family and friends!
• If needed, speak with a counselor or other mental health professional.

Managing stress is part of living a healthy lifestyle. Need help or want to talk story? Connect with us at Hui Mālama Ola Nā ‘Ōiwi, working 29 years to help our Hawai‘i island ‘ohana Live Longer and Feel Better, Together.

Visit our website at hmono.org

Hele mai, connect with us... and tell them Aunty Edna sent you!
TRADITIONAL HAWAIIAN HEALING

Lomilomi Class

FREE 4-SESSION ONLINE CLASS
LEARN THE SPIRITUAL HEALING ART OFLOMILOMI, PULE, AND PROTOCOL WITHINSTRUCTOR LEHUA HOBBS.

December 4 & 11 at 5:00pm - 7:30pm
December 5 & 12 at 9:00am - 11:30am

SIGN UP AT
HMONO.ORG/SERVICES

Wishing everyone a safe and happy holiday season. We look forward to serving you in 2021 and beyond!
Basic Stretch & Exercise Class

This class is offered on Tuesdays and Thursdays from 9:15am - 10:45am. It's great for all ages and abilities, and can be tailored to your needs. The best part? You can do it from home! The class is now offered online, and we have designated staff to help participants log on.

Family Medicine Clinic

Our Family Medicine Clinic is currently accepting new patients, and now offering tele-visits. Our clinic has five healthcare providers and offers Family Medicine services, Behavioral Health, and Nutrition Counseling services.

HOW HUI MĀLAMA CAN HELP

Need help finding resources through the CDC, ADRC, or other organizations?

Hui Mālama Ola Nā ʻŌiwi has Community Health Workers around Hawaiʻi island whose priority is to connect you to resources for your health and wellbeing. Our Community Health Workers are located in Puna, Hilo, North Hawaiʻi, Kona, and Kaʻū and are skilled in cultural competencies and navigating health care resources.

At Hui Mālama, we offer many services that can help keep you and your kūpuna healthy, including some of these below that we think you might like:

Kūpuna Health

HEALTHY AGING

As we gear up for the holiday season and new year, it is important now more than ever to come together to care for and support our kūpuna in healthy aging. Here are some tips for healthy aging by the Centers for Disease Control and Prevention (CDC):

Get moving - Daily physical activity can help prevent, delay, and manage chronic disease, improve balance and flexibility, and improve brain health. CDC professionals recommend aiming for moderate exercise for 30 minutes a day, and muscle strengthening at least two days a week. This of course depends on your ability, but don’t be afraid to get creative with how you move!

Regular Check-ups - This is especially important as we get older. Visiting your doctor, even through tele-visits (read about our Family Medicine Clinic services on page 6!) may seem like a drag or even scary, but regular visits can prevent disease and make potential treatment more effective.

Brain Health - Our brains change as we age. To improve brain health and reduce risk, the CDC recommends quitting smoking, sufficient sleep, and maintaining healthy blood pressure, blood sugar, cholesterol, and weight. Most important is to stay engaged with family, friends, community activities (online or safely in person), puzzles, games, and other hobbies.

KŪPUNA RESOURCES

There are amazing resources in our community that are tailored just for the needs of kūpuna! Among them are the Hawaiʻi County Office on Aging, Aging and Disability Resource Center (ADRC), with offices in West and East Hawaiʻi open by appointment.

The ADRC can help to assess your needs for housing, daily living assistance, food and meals, nursing care, long term illness, social activity, caregiver relief, and more. The ADRC also has an online inventory of organizations and services near you specific to your needs.

Hawaiʻi County Office of Aging
Aging & Disability Resource Center

www.hcoahawaii.org
East Hawaiʻi Office: (808) 961-8600
West Hawaiʻi Office: (808) 323-4398

See something that interests you or want to learn about our other free services? Talk to a Community Health Worker or team member today!

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Visit our website at hmono.org

Hele mai, connect with us... and tell them Aunty Edna sent you!

Aunty's Health Message

Hilo Lions Club Donations

The Hilo Lions Club visited the Hui Mālama office on October 30 to donate 45 face shields to our staff who consistently meet with community members and clients. Mahalo nui to Hilo Lions Club!

To learn about donating, call us at (808) 969-9220 or visit hmono.org/donate for monetary donations.

2020 Relay For Life Opening

Mālama Ka Pili Pa’a Cancer Support Group

Mālama Ka Pili Pa’a, Cancer Support Group of Hui Mālama, conducted the opening protocol for the 2020 Relay for Life. The event, hosted by American Cancer Society, was aired on November 14 on Nā Leo TV.

To learn more about joining our Cancer Support Group, visit hmono.org/services.

La‘au Lapa‘au Presentation

Po‘okela Ikaika Dombrigues presented about la‘au lapa‘au virtually to Big Island Farms internship students on November 12. This presentation, which was the final of four presentations, gave interns from across the United States an opportunity to learn about Hawaiian culture and agriculture.

To learn more about la‘au lapa‘au presentations, classes, and workshops, visit hmono.org/traditional-healing.

A glimpse of what Hui Mālama Ola Nā ʻŌiwi is doing to help our Hawaiʻi island ʻohana Live Longer and Feel Better, Together!
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- Rotavirus 2
- HepA
- MMR
- Influenza 1
- Influenza 2
- Rotavirus 1
- Rotavirus 2
- VZV

IMMUNIZATION PROGRAM

As part of the Hui Mālama Ola Nā ʻŌiwi Immunization Program, your child can receive a FREE backpack or sleeping bag if they meet the two criteria below:

1. Your child turns 2 years old between August 2020 and July 2021.
2. Your child has completed all 24-25 CDC recommended vaccinations (below).

Contact us at contact@hmono.org to submit your child’s immunization card, register your child, and receive their makana!

For more information about our immunization program, visit our website at hmono.org/immunization-program.

COVID-19
AND OLDER ADULTS

As we know now, COVID-19 can affect anyone. However, among adults, older adults as well as those with underlying medical conditions are at a higher risk of severe illness due to COVID-19. The highest risk being among those who are 85 years and older. By understanding the risk for you or your ʻohana, you can take proper precautions in your daily life.

During the holiday season, many of us are looking forward to visiting our families, whether near or far. If you’re considering in-person visits with ʻohana especially kūpuna, here are some things to consider:

- Cancel or delay the visit if you or a visitor has COVID-19 symptoms
- Anyone who has had close contact with someone with COVID-19 symptoms should get tested and stay home to self-monitor
- Encourage social distancing by spacing out tables and chairs
- Try activities that enable social distancing
- If possible, encourage face coverings
- Wash hands with soap and warm water often
- Clean and disinfect eating areas and commonly touched surfaces
- Encourage visitors to bring their own food and drinks
- Ensure the space is well-ventilated, such as an outdoor setting or open windows indoors
- Get tested and self-monitor after inter-island or trans-pacific travel

For more information about COVID-19 and older adults, visit cdc.gov.

HEALTH UPDATES

COVID-19 AN DL DULTS

CONTENT S

NEW THIS MONTH!

Happy Holidays!
From your Hui Mālama ʻohana

Kūpuna Health

Upcoming Lomilomi Class

December Calendar

EVERY MONTH

Out in the Community
Hilo Lions Club Donations
2020 Relay for Life Opening
Lā‘au Lapa‘au Presentation

Aunty’s Health Message

Health Updates
COVID-19 and Older Adults

Keiki Coloring Corner

ONGOING SERVICES

In light of COVID-19, Hui Mālama is now offering our regular ongoing services online!

For updates, visit hmono.org/calendar. *To sign up, visit hmono.org/services.

EXERCISE & FITNESS (ALL ONLINE)

Basic Stretch & Strengthening Exercise Tuesdays & Thursdays, 9:30am - 10:15am

Basic Therapeutic Yoga
Tuesdays & Thursdays, 5:00pm - 6:00pm

SUPPORT GROUPS (ALL ONLINE)

Cancer Support Group
Second & Fourth Tuesdays, 5:00pm - 6:30pm

Cultural Wellness Support Group
Mondays, 5:00pm - 6:00pm

Diabetes Support Group
First Tuesdays, 5:00pm - 6:30pm
Third Tuesdays, 1:00pm - 2:30pm

Health and Wellness Support Group
Second & Fourth Fridays, 10:00am - 11:30am

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1438 Kīlauea Avenue
Hilo, HI 96720

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Answers:
- ‘ohana
- healthy
- holidays
- gift
- joy
- kupuna
- family
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**BS&SEC** Basic Stretch & Strengthening Exercise Class

**SIGN-UP TODAY!**
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